

The Waves AAUW

May 2023- Volume 44 - Number 8

editor: jbslater2006@gmail.com

President's Message

Jean Burns Slater

5 Cities Pismo Beach AAUW by the Numbers in 2022-2023

31 members 12 Board members 9 Zooming Board Meetings
2 general meetings held at members' homes, 2 general meetings with Zoom, 3 general meetings in public spaces, 1 general meeting cancelled due to weather
850 books distributed to over 600 elementary students, grades 2,4 and 6
5 Tech Trekkers selected to go to summer science camp
9 high school senior women awarded \$18,000 in scholarship funds
\$8,653 earned through fund raising
\$105 dues for 2023-2024 remain the same, with local allocation absorbing National increase of \$5
13 paid advertisers for our newsletter publication
3 Women in History Portrayals 7 different interest groups

Congratulations Branch Birthdays

May

18 Carol McBurnie

June

9 Joan Florence

10 Carole Dempsey

July

1 Kathi Pettersen

7 Susan Brazil

22 Lisa Walker

24 Renee David

May Events

- 1 6:30 pm Board Meeting: Zoom
- 4 11:30 am: Lunch Bunch: Ada's, Pismo Beach
- 5 11:30 pm Daytime Page Turners: Susan Gray's home
- 9 6:30 pm Night Readers: Joan Knowlton's home
- 17 12:30 pm Finessing Femmes Bridge: Mary Lou Allison's home.
- 20...10 am General Branch Meeting: Patti Melsheimer's home
- 22 7:00 pm Great Decisions: Patti Melsheimer's home

June Preview

- 14 6:30 pm Scholarship Meeting: Priscilla Alquist's home
- 30 Membership renewals due : See page 16 for renewal form

Brain Games:

11 Rules for Happiness That Everyone Should Follow: page 12

How To Tell If Your Brain Needs A Break: page 14

Installation Tea Party Officer Installation, Named Gift Honoree, Jane Austen

Saturday: May 20 10 am
Melsheimer's Home
2640 Belgian Place, Arroyo Grande
See page 2 for details

April Board Meeting Report

The March board meeting was held on **Monday, April 3 at 6:30 PM**, via ZOOM. This meeting met quorum requirements. The Treasurer's Report noted the following: A total of \$40,746.10 remains as the Branch account balance, of which \$29,5123.62 are in reserve for the Branch projects of Tech Trek, Scholarship, Eager Reader, AAUW Funds and a general reserve fund. The Branch is absorbing the National AAUW dues increase, keeping the Branch total dues at \$105 for the 2023-2024 year. The Annual Branch Meeting of April 24, Monday at 6:30 pm at the Women's Club meeting was discussed. The May General meeting will include the Installation of Officers, Named Gift Honoree, and special guest appearance of Miss Jane Austen to be held at Patti Melsheimer's home, May 20, Saturday, 10 am.

Installation Tea Party May General Meeting

On May 20th we will have our Installation Tea Party where we will install our officers for 2023-2024. In addition, we will be entertained with a special performance of "Meet Jane Austen." This party will be held in the beautiful backyard of our own Patti Melsheimer where the garden will be bursting with blooms of Spring.

We will have tea, scones, and other tempting treats as well.

The Tea Party will be held from 10 AM to 12 Noon on Saturday, May 20th. This is a special time for our Branch to celebrate our efforts and all we do for our community.

Please feel free to invite

friends who you think might like to join AAUW to share in the fun!

For us to have enough of everything, we are asking everyone to RSVP to either Priscilla Alquist or Pam Zirion by May 12th.

Do join us!

Great Decisions: Prepare to Discuss the World

Great Decisions Discussion Group's next meeting will be on May 22, Monday, with the topic of **Economic Warfare and U.S. Policy** at the home of Patti Melsheimer. Jeanne will lead the discussion and Joan Florence will provide the treats. Each meeting starts with a brief introduction, viewing the DVD related to the topic, followed by a group discussion of the relevant reading materials, and ends with treats. Meetings are on the 4th Monday of the month at 7:00 pm in members' private homes. **Consider joining in the world discussions of Great Decisions** and recognizing the importance of community conversations of global events and topics. If you know of anyone who would like to join our group, please message Priscilla at palquist@gmail.com. Thank you.



LUNCH BUNCH: MAY 4

Ada's
Thursday, May 4 11:30 am
Joan Knowlton

558 Price Street, Pismo Beach
Reservations required by May 2
jknow98@gmail.com or 805-773-2845

FUNDRAISERS WILL BE HAPPENING.

September 2023-Sell Sylvester's hamburgers cash coupons. Sylvester's Burgers are in Oceano, Los Osos, and Atascadero.

November 18, 2023- Bingo and silent auction at St. John's Lutheran church in Arroyo Grande. Please begin to ask businesses that you support to donate an item, an experience, a gift certificate for our silent auction. The money is for college scholarships, Tech Trek scholarships, free books for elementary school students.... But then you know that. Gather your goodies. Tell Pam Zirion what you have. We will package the items later. And thank you.

TECH TREK



This year's Tech Trek campers were introduced at our April 24th meeting and awarded their certificates by Susan Brazil, Pam Zirion, and Erica Hinojosa. The next step for the girls will be to complete all their paperwork on the CampDoc website and begin gathering the items they will take to camp. Before they go, five AAUW branches in San Luis Obispo County will host an Ice Cream Social for the 29 girls going to UCSB this summer. The Ice Cream Social will be on Sunday, June 4th and the girls and their parents will meet former campers and their parents. Then it is off to camp for one of the two weeks of camp: July 16-22 or July 23-29.

Linda Lidberg Tech Trek Coordinator



Miah Lenz



Emma Uclaray



Zoe Purdy



Vivienne Ling



Andrea Zarate



Tech Trek Interviewers



Award Night April 24, 2023

Five Cities Pismo Beach AAUW Scholarship Corporation

The Five Cities Pismo Beach AAUW Scholarship Corporation met on April 5 at the home of Scholarship Corporation Treasurer Maurina Kusell. Nine young women were selected to receive a scholarship of \$2,000 each, selected from twenty-four applications. The following outstanding young women were honored at the April 24, General Branch meeting.

Natalie Barton : Nipomo High

Isabelle Bowdey: Arroyo Grande High

Genesis Donata Garcia: Arroyo Grande High AVID

Alexandra Izarraras Cervantes Arroyo Grande High AVID

Evelyn Lomeli Zarate: Arroyo Grande High AVID

Lauren Cruz: Nipomo High

Zoe Lodge: Arroyo Grande High

Annalisse Lopez: Nipomo High AVID

Itzela Rodriguez: Arroyo Grande High AVID

There is a current opening for a Scholarship Director. Chief Executive Officer Priscilla Alquist announced that she will not be continuing as CEO, leaving a Chief Executive Officer opening. If you have an interest in joining the Board of Directors for Five Cities Pismo Beach AAUW Scholarship Corporation please message Priscilla Alquist palquist@gmail.com, Beth Hutton Secretary cahutton5@aol.com or Maurina Kusell, Chief Financial Officer mlkusell@hotmail.com

The final Scholarship Corporation meeting of the 2022-2023 year will be held on June 14 at 6:30 p.m. at CEO Alquist's home. Recommendations for change are requested by May 15.



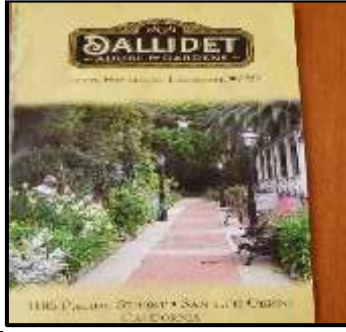
Scholarship Board of Directors Members



Scholarship Award Night April 24, 2023

2022-2023 Programs in Review

SEPTEMBER



General Meeting: **September 10, Saturday** 10:00 am Central Coast Branch members and guests joined together with Five Cities Pismo Beach AAUW in welcoming **Sandi Gabe, CA AAUW President** for a discussion on state and national AAUW activities, grants and programs Dallidet Adobe & Gardens 1185 Pacific Street San Luis Obispo, CA

OCTOBER

October Meeting: A Joint meeting with San Luis Obispo AAUW, **October 10, Monday, 7:pm**: A Virtual Meeting with the topic focus on the November California ballot initiatives presented by The League of Women Voters.

NOVEMBER



General Meeting: **November 5, Saturday** Bingo and Silent Auction Fundraiser.
Doors opened, 12:30 pm, games started at 1:00 pm St. John's Lutheran Church Arroyo Grande

DECEMBER



General Meeting: **December 10, Saturday** Holiday Gathering, white elephant gift exchange, book exchange 3:00 pm. Lisa Walker's Home 520 Cameo Way, AG.

JANUARY



General Meeting: **January 17 in partnership with Arroyo Grande County Library via Zoom.**

Media Influences; how the media works, how it influences and methods of determining accurate information from the media and library resources.

FEBRUARY

No General Meeting

MARCH

Cancelled due to safety and weather concerns

General Meeting: **March 11, Saturday** Women in History, Title IX presentation, Elected Officer Nominations **10:00 am** Nipomo Library 918 W Tefft St, Nipomo, CA

APRIL

Annual Meeting: **April 24, Monday** Scholarships; Tech Trek; Officer Elections 6:30 pm Woman's Club, AG



MAY

General Meeting: **May 20, Saturday 10-12 noon** Installation of Officers, Named Gift Honoree, guest star Jane Austen, socializing See you there!



Women in History

Three of our members who presented Women in History portrayals in the Lucia Mar USD elementary classrooms, also presented their portrayals at the Shell Beach Library on April 20. Julia Morgan, Rachel Carson, and Madeleine Albright told their stories to the public. Our mission, goals, fundraisers, and the membership activities of our AAUW branch were also presented. Thanks to Pam Zirion and Jean Burns Slater.

Cheers, Kathy Cohon



AAUW CA Promotes its Priorities with the Legislature, Prepares for a Vote on New Ones

By Ginny Hatfield, Amy Hom and Kathi Harper, AAUW CA Public Policy Committee
If you participated in this year's Lobby Days on March 21st and 22nd, you know it was a whirlwind of activity. Over two jam-packed days, 120 AAUW CA members from 50 branches met with 46 Assembly offices and 23 Senate offices. Most of the meetings took place via Zoom and the majority took place without a hitch. For the first time, some of our members met in person in Sacramento.

While most meetings were conducted with legislative staff we were able this year to schedule 10 meetings with the members themselves - 6 Assemblymembers and 4 Senators. In addition, Kathi Harper, AAUW CA Public Policy Chair, and Kathy Van Osten, our AAUW CA Legislative Advocate, met with the Governor's staff and Assembly Speaker Anthony Rendon's office.

We were happy to learn that our organization was known to many of the legislative staff and legislators with whom our members met. Some had spoken to branches in their districts; others were familiar with our public policy priorities and expressed alignment and support for them; and a handful were

appreciative of the background we provided about our mission and programs. A sterling endorsement came from none other than Alf Brandt, Policy Consultant for Assembly Speaker Anthony Rendon, whose mother was an AAUW member in the 1940's in Orange County. He credits her involvement in AAUW "making me the man I am today."
The reception of our "Top 3" bills - AB 1394, SB 287 and AB 549 - was generally favorable, especially the two social media bills. Both staff and legislators could identify with the pervasive problem of having children who are or will be targeted by social media. AB 549 needed a bit more explaining, as some

were unfamiliar with CEDAW, the Convention on the Elimination of all Forms of Discrimination Against Women. You can find more information on these and all the bills we are supporting here: <https://www.aauw-ca.org/documents/2023/03/bill-tracking.pdf/>.

During our Lobby Days event, we were able to get our message across to those who make our laws and to highlight AAUW, our mission, accomplishments and the benefits we bring to our

communities throughout CA. It was an empowering exercise in advocacy and for those of you who participated, AAUW CA thanks you!

Adding this reminder: it's time to vote on the updates to the Public Policy Priorities for 2023-25. In response to input from 466 members, the state Public Policy Committee has recommended and the Board has approved 11 changes, which can be viewed here: [https://www.aauw-ca.org/2023-proposed-public-](https://www.aauw-ca.org/2023-proposed-public-policy-priorities/)

[policy-priorities/](#). Highlighted additions include support for: civics education, access to diverse staff and curriculum, safe infrastructure and access to technology in our schools, gun violence prevention, and a fourth pillar to support women in leadership roles. If you haven't voted yet, a reminder that voting closes May 13th, make sure you make your voice heard!

AAUW CA 2023 – 2025 Proposed Public Policy Priorities (PPP) MARCH 19, 2023

Your vote can help adopt these priorities for CA AAUW. Voting closes on May 13, 2023

The AAUW California Public Policy Program establishes policy directives to guide our members, inform our legislative priorities, and serve our mission. Every two years we re-assess these directives to determine if updates need to be made, considering an ever-changing cultural and legislative landscape. Members are invited and encouraged to make suggestions through a statewide survey, which was conducted in Fall of 2022, and resulted in comments from over 466 of our members. The AAUW California Public Policy Committee has reviewed all submitted comments and has incorporated several changes in the proposed 2023-25 PPP for the next two-year period of July 2023 through June 2025.

The proposed changes were presented to and adopted by the AAUW California Board of Directors and will be put to a vote by the membership April 22-May 13, 2023 as required by our bylaws. Thanks to all who submitted comments.

The AAUW California Public Policy Program establishes policy directives that will guide our members, inform our legislative priorities, serve our mission to advance equity for women and girls through advocacy, and are consistent with our values of achieving fair and equitable opportunities for our diverse society. Toward that end, AAUW California advocates policies that promote, enhance and ensure:

Economic Security for All Women, including:

- Equity in the workplace
- Enforcement of workplace anti-discrimination statutes
- Security in retirement
- Access to job training for career development
- Work-life balance, including access to quality affordable childcare and paid sick and care-giving leave

Equal Access to Quality Public Education for All Students, including:

- Vigorous enforcement of Title IX
- Adequate and equitable funding at all educational levels, including pre-school and post-secondary
- Removal of barriers for girls to access instruction in STEM fields
- Civics instruction in all CA high schools
- Access to diverse staff and curriculum that represents historically accurate information
- Funding adequate to support a strong infrastructure, and equitable access to resources, including technology
- Opposition to the use of public funds for nonpublic and charter schools that do not meet public school civil rights and accountability standards

Social and Racial Justice for All Members of Society, including:

- Self-determination in reproductive health
- Equal access to quality affordable health care, housing and a healthy environment
- Freedom from violence in all its forms and wherever it occurs, including violence against historically marginalized groups, and support for policies that reduce or prevent gun violence
- Guarantee of civil and constitutional rights for all, including all forms of gender identity and expression, and all family structures
- Protection and expansion of voting rights
- Support for United Nations sustainable development goals which address human rights and women's and girls' concerns

Increased Representation of Women in Leadership Roles, including:

- Proportional appointment to publicly-held corporate boards
- Access to leadership skills training
- Access to programs that promote participation in public service careers

AAUW National Biennial Action Priorities

National priorities inform state and local action. Biennial priorities for national action are chosen according to the criteria of viability, critical need, strong member support, and potential for distinctive AAUW contribution or leadership. Additional policy priorities are also critical to ensure equity for all. No further order of importance for the additional priorities is implied.

To support a strong system of public education that promotes gender fairness, equity, diversity, and inclusivity, and to address the barriers and implicit biases that hinder the advancement of women and girls, AAUW advocates:

- Strengthening and vigorous enforcement of Title IX and all other civil rights laws pertaining to education
- Adequate and equitable funding for and access to quality public education, including early childhood education, for all students
- Opposition to the use of public funds for nonpublic elementary and secondary education and to charter schools that do not adhere to the same civil rights and accountability standards as required of other public schools

- Increased support for and protection of programs that meet the needs of girls and women in elementary, secondary, and postsecondary education, including strong promotion of science, technology, engineering, and math (STEM) education and comprehensive sexual health education
- Increased support for and access to affordable higher education for women, including alleviating the debt burden that disproportionately impacts borrowers of color and exacerbates the racial wealth gap
- Support for practices that halt the flow of students from schools to prisons, including reforming school disciplinary practices that disproportionately punish girls and students of color

To achieve economic security for all women, AAUW advocates:

- Pay equity and fairness in compensation and benefits
- Equitable access and advancement in employment, free from systemic barriers and biases, including vigorous enforcement of employment discrimination statutes
- Closing the gender and race gaps in leadership opportunities for women of all backgrounds
- Greater availability of and access to a high standard of benefits and policies that promote work-life balance, including quality and affordable dependent care and paid family, medical, and sick leave
- Programs that provide women with education, training, and support for success in the workforce, including nontraditional occupations and women’s entrepreneurship
- Strengthening programs, including welfare and career and technical education, to improve postsecondary education access, career development, and earning potential
- Strengthening retirement benefits and programs, including pension improvements and protecting Social Security, Medicare, and Medicaid from privatization
- Access for all women to the full range of health care services to ensure economic security
- Increasing the number of quality jobs that pay a living wage

To guarantee equality, individual rights, and social justice for a diverse and inclusive society, AAUW advocates:

- Vigorous enforcement of and full access to civil and constitutional rights, including affirmative action and expanding voting rights
- Complete, accurate and timely collection of data, disaggregated by race, ethnicity, and gender identity to inform policy decisions and the apportionment of political representation
- Self-determination of one’s reproductive health decisions
- Universal access to quality, affordable health care, including insurance, and comprehensive family planning services, including expansion of patients’ rights
- Freedom from violence and fear of violence, including hate crimes, in homes, schools, workplaces, and communities
- Support for U.N. programs that address human rights and women’s and girls’ concerns
- Freedom in the definition of self and family, including protection from discrimination and a guarantee of civil rights for all family structures
- Passage and ratification of the Equal Rights Amendment

How to Tell If Your Brain Needs a Break

By **A.C. Shilton** Feb. 3, 2023 *New York Times*

If the answer is trawling the bowels of the internet instead of finishing those spreadsheets, it might be time to step away from your desk. Brain slumps are real, said Gloria Mark, a professor of informatics at the University of California, Irvine. And the antidote to this midafternoon mind sludge is not muddling through, no matter what hustle culture wants you to believe. It is the opposite: You should take a break.

“We can’t expect to lift weights nonstop all day, and we can’t expect to use sustained focus and attention for extended periods of time, either,” said Dr. Mark, author of “Attention Span: A Groundbreaking Way to Restore Balance, Happiness and Productivity.” Staying focused requires our brains to burn energy, said Marta Sabariego, an assistant professor at Mount Holyoke College who studies attention and other goal directed behaviors.

The most compelling reason for taking a brain break is that it may improve your ability to do quality work. A 2022 [systematic review](#) published in the journal PLoS ONE found that even short breaks lasting 10 minutes or less reduced mental fatigue and increased vigor (meaning the willingness to persist when work became difficult).

The analysis found that the longer the break, the better the performance boost. Since few of us can take unlimited breaks, the trick is to use the time you have wisely — even if that means ignoring your boss’s dirty look as you fiddle with a Rubik’s Cube.

How We Focus (or Don’t)

Paying attention isn’t so much an action as a way of processing information, Dr. Sabariego said. When we are focused, our brains’ “task-related networks” filter out distractions, from the smell of fish in the office microwave to a co-worker’s incessant pen tapping.

When we are unfocused, our brains switch to the default mode network, said Dr. Srinii Pillay, a psychiatrist and the author of “Tinker Dabble Doodle Try.”

In most people’s brains, “when one is working, the other one is off,” Dr. Sabariego said. The task-related network is great for checking items off your to-do list, but usually just one at a time. Problem-solving and innovation usually require letting your mind wander in order to brainstorm possible solutions using the default mode network.

“The default mode network can actually retrieve details from the nooks and crannies in your brain’s memories that the logical brain cannot retrieve,” Dr. Pillay said, “which is why sometimes people say they have their best ideas in the shower.”

For creative thinking, we need to give our thoughts room to roam — ideally by taking a break.

Timing Is Everything

The urge to check Instagram every two minutes is more universal than you might think. Dr. Mark has been studying how knowledge workers (most employees who sit at computers all day) spend their time during the work day since the early 2000s. Her research involves tracking how often workers switch between tabs on their

computers — from email to spreadsheets to chat apps and back again.

In 2012, Dr. Mark did a study on 13 such workers and [found that the average time](#) they spent on one screen or tab — be it a work-related program or social media — was 75 seconds. As her research went on over the years, “it started declining,” she said. In 2020, one of Dr. Mark’s graduate students tracked 50 workers and found that the average time spent on one tab was 44 seconds.

The problem is that “you can only consciously think about one or two things at a time,” said Johann Hari, the author of “Stolen Focus: Why You Can’t Pay Attention — and How to Think Deeply Again.” “That’s a fundamental limitation of the human brain.”

“Multitasking — or toggling between spreadsheets and email — can increase mistakes, reduce creativity and cause fatigue,” Mr. Hari added. If your job requires you to multitask, chances are you will need to take a break more often.

How often? Everyone’s brain works differently, so there is not a hard and fast rule, Dr. Sabariego said. It also depends on what you are doing. You may stay focused for 90 minutes or more doing work you find challenging and rewarding, she said.

Menial or boring tasks do not produce the dopamine reward we get when we engage with something interesting. “Dopamine helps us narrow our visual and auditory world and increases our motivation,” Dr. Sabariego said, so you may need more frequent breaks when doing these sorts of tasks.

You can also build focus over time, she added. If you need a break every 30 minutes, try setting a timer and staying on task for 32, 35, then 40 minutes to help you space your breaks further apart.

Don’t Quit Too Soon

One thing to note: The popular [Pomodoro Technique](#), which involves working for 25 minutes before taking a three- to five-minute break, is more of a method for fighting procrastination than optimizing deep focus. It takes time to get back to work after an interruption, Mr. Hari said. If your timer goes off but you are still in the zone, keep going.

Consider your own circadian rhythms before arbitrarily setting a timer. Many people have peaks in their ability to pay attention around 11 a.m. and 3 p.m., with things often dropping off after lunch, Dr. Mark said. You may be able to focus for longer in the morning, but need more frequent breaks later in the day.

Break Your Sedentary Ways

Heading out into nature for some sort of physical activity is one of the best ways to give your brain a break, Dr. Mark said. She [worked on a study](#) with Microsoft Research that found that workers who took a 20-minute walk in nature came back to their work with greater “divergent attention,” meaning they had more creative ideas upon returning than those who kept working.

If you cannot get out into nature, a walk through your office building will also confer benefits. Dr. Pillay refers to midday physical activity as a “booster break,” based on a [2013 study](#) that found workers that took a 15-minute physical exercise break reported reduced stress and enhanced social interaction in their workplaces.

Put Your Phone Away

“We have devalued the idea of what a break is so that it’s, ‘I took a break from looking at my emails on my computer so I could take a walk and look at my emails on my phone,’” Mr. Hari said. Checking emails is still challenging your brain to stay in the task-related network, so you are not exactly letting your mind wander. Even

browsing social media may not be the brain break you think it is.

“If you see something upsetting on Twitter, that can interrupt your task at hand,” Dr. Mark said. “That’s going to stick with you as you move on to something else.” When that happens, you will not be starting your next task refreshed and ready to focus, which was the goal of your break.

Let Your ‘Little Mind’ Play

In a 2013 Daily Beast article, Maya Angelou referred to her work process as switching between her “[big mind and her little mind](#).” Her big mind did the heavy lifting, crafting the poems she became famous for. Her little mind, which she used in between writing sessions, loved doing crossword puzzles.

“I love this idea,” Dr. Mark said. “The little mind allows your big mind to kind of refresh and replenish.”

Solving a Rubik’s Cube, knitting or even playing a simple game on your phone can have the same effect as a crossword puzzle, she added.

However, be careful not to get sucked into endless rounds of Candy Crush. Consider setting a timer for 15 to 20 minutes, which should be enough to give your task-oriented network a breather.

Take a Nap or Have a Snack

Few workers have the option to take a midday nap, but if you do, take it. Even just a five- to 15-minute nap can bring clarity, though you will need a longer rest to boost creativity, Dr. Pillay said. It generally takes the body about 90 minutes to get into R.E.M. sleep, which researchers [have associated with increased creativity](#).

Or have a snack. Brain cells need glucose, and their activity is critical to getting into focus, Dr. Sabariego said. However, eating a large amount of food can activate the parasympathetic nervous system, making us sleepy. Instead of slamming three fistfuls of chocolate covered raisins, Dr. Pillay suggests an apple.

A.C. Shilton is a freelance journalist and sheep farmer based in Tennessee

11 RULES FOR HAPPINESS THAT EVERYONE SHOULD FOLLOW source Creative Healthy Family blog

1. Learn to like being alone

In this life, you can only count on one person to always be there with you: yourself. Note the word “with.” Yes, your best friend, spouse, and other loved ones will be there FOR you, but they can’t always be WITH you 24/7. If you can [learn to like being alone](#), to really start appreciating your own company more, you will never, ever be lonely again. If you only follow one of these rules for happiness, make it this one.

2. Be present in your life

You’re missing so many amazing things by constantly looking at the world through a tiny screen. Contrary to what social media will have you believe life really DOES happen even if you do not have photographic proof.

Turn your phone to silent mode, slip it back in your bag, and actually [be present](#) for all of those amazing once-in-a-lifetime moments. “

3. Ignore haters (they don’t really hate you, anyway)

We all must deal with people who don’t like us for one reason or another. It is just a fact of life. You can never please everyone, and you’ll

drive yourself crazy trying. When it comes to dealing with actual haters, remember that their feelings are almost never actually about you, anyway.

Remember, [haters hate](#) because they either don't like themselves, feel like you're going to take something from them, or just plain want the life that you have. You can't do anything about any of those things. So just keep living your life. Which brings us to...

4. Remember, the best revenge is to just go on living your life

[Revenge](#) is such a dirty game that never ends well for anyone. Instead of moving forward, it keeps you focused solely on the negative. That's not good for your mind, body, or soul! Don't waste your time trying to think of a good way to get back at someone, just go on living your life. It truly is the best form of retribution.

5. Focus on the lesson, not the pain

Life isn't always easy. It's full of pain and loss, anger and sadness. While you can try to focus on the positive, there's absolutely no way to avoid the negative. As they say, you can't have light without dark, right?

What you can do when things get tough, though, is [look for the lesson](#). Focus on what this experience is teaching you and what you can take away from it. It won't take away all of your pain, but it will help you get through the worst of it intact.

6. Stop justifying the things that make you happy

Stop calling things "guilty pleasures," and just call them "pleasures." If something makes you happy, embrace it. [Don't justify it](#). You're allowed to like whatever you want, even if no one else likes it. That goes for everything from romance novels to those cheesy disaster movies on Sci-Fi to ketchup on your eggs. Do not ever let anyone make you feel "uncool" for the things you like.

7. Never let anyone rain on your parade

Too often, we keep good news to ourselves because we don't want to deal with nasty comments from jealous people. Things like "must be nice to be you," or "you just got lucky." You know, comments that make it seem like we don't actually deserve good things, that we didn't actually work for them.

Stop giving these people so much power. Sing your good news from the mountaintops and [celebrate your wins](#). Remember, you're not responsible for anyone else's happiness but your own, so don't ever feel bad for living your life."

8. Follow at least one big dream, even if it scares you

You can't celebrate your wins if you're too scared to even play the game in the first place, right? So, find the courage to [follow your dreams](#)! If you're overwhelmed by the idea of a ginormous life change, just take the first step. Just like Chinese philosopher, [Lao Tzu](#) said, "The journey of a thousand miles begins with one step."

9. Measure your life by how much you love, not how much you have

Stop [measuring the value of your life](#) by how much money you have in your wallet or stuff you have in your house. Measure it by how much you love and are loved. No one that matters will remember our shoe collection. They will remember the way we made them feel. I know it's cliché to say, but love really is all you need.

10. Remove toxic people from everyday life

Unless you plan to live totally off the grid away from society entirely (including online society), there is really no way to completely avoid toxic people. They are everywhere! You will find them at the grocery store, on social media, just walking down the street. Sometimes, they are even members of your family.

You cannot completely cut toxic people off. You can, however, limit their presence in your everyday life. Fill your life- and your social media feed- with people who bring you joy. Block or unfollow the

rest. Just because you have to see Mean Marcy at family reunions doesn't mean you're obligated to look at all her nasty comments on Facebook.



11. Write your own story!

Last, but so very far from least, [be the author of your own story](#). Choose your own adventure and fill it with characters that make you happy. Make it a tale without an antagonist. Most important of all, never let anyone try to steal your pen and change the tale to fit their own narrative.

Remember, only YOU can make yourself happy. No one else can do it for you. If you follow even half of these rules for happiness, you'll be well on your way to living a far more blissful life.



**AAUW Five Cities Pismo Beach
2023 – 2024 Membership Renewal**

Our mission and focus:

“Advancing equity for women and girls through advocacy, education, philanthropy and research.”

Welcome and thank you for joining the Five Cities Pismo Beach Branch of AAUW for another year to advance the AAUW mission, while making new acquaintances and renewing long term friendships! This year you may consider joining an additional project or interest section to meet new friends and explore new interests.

- Dues are **\$105 for the 2023 – 2024 year** (National \$72, State \$20, Branch \$13)
- Make checks payable to **AAUW Five Cities Pismo Beach.**

Please return this form with your annual dues and any supplemental payments by **July 1, 2023** to:

Five Cities Pismo Beach AAUW Membership
Susan Brazil
397 Mesa View Drive
Arroyo Grande, CA 93420
209 747 6663

Dues	\$105
Dual Member	13
Name Tag	\$ 12
Total	\$_____

If your demographic information is the same as last year, fill in your name only and check your interests

Name: _____

Corrections:

Address: _____ Zip _____

Phone: _____ Cell: _____

Email: _____

Branch Projects : Check your interest/s

_____ Scholarship _____ Tech Trek _____ Women in Herstory _____ Eager Readers

Interest Sections: Check your Interest/s

_____ Night Readers Book Group _____ Great Decisions _____ Lunch Bunch _____ Adopt A Poll

_____ AVID Support in Classroom _____ Daytime Page Turners _____ Quilters

_____ Night Readers _____ Cooking Together _____ Finessing Femmes (Bridge)

_____ Out and About/ Travel Talk _____ Morning Coffee Gathering

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